



little prompts

Morning

- get out of bed
- turn on the shower
- brush my teeth
- turn on the coffee maker
- sit down for breakfast
- put the breakfast dishes away
- load the dishwasher
- put kid on the bus
- buckle my seat belt
- pull up to the front doors of the school
- turn on my computer
- put my mask on

Mid-day

- leave church
- hear the school bell
- hear a siren
- feel hungry
- eat lunch
- feed the pet
- walk into the kitchen
- use the bathroom
- wash my hands

Evening

- walk in the door after work
- turn on the TV
- eat dinner
- clean the kitchen counter
- walk the dog
- run the bathwater
- say goodnight to my child
- set my alarm
- put my head on my pillow

habit recipe

After (*prompt*)

_____.

I will (*little behavior*)

_____.